

## CLAIMS

I claim

1. A table with trundle table assembly comprising:

5 A) a table top with a first work surface

B) a trundle table assembly comprising:

10 1) a trundle table top with a second work surface and

2) a set of hardware to allow the trundle table assembly to move from a closed position below the table top to an open position that is lower than the table top.

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2. The table with trundle table assembly of claim 1 wherein the second work surface of an open trundle table assembly is more than 20 inches lower than the first work surface.

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3. The table with trundle table assembly of claim 1 wherein the table top further comprises a sink and a table lip to make it more difficult for a small child to fall off the table top.

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4. The table with trundle table assembly of claim 3 wherein the trundle table top has a trundle table lip to make it more difficult for a heavier child to fall off the trundle table top but the trundle table lip does not extend over a portion of the trundle table top where the heavier child is intended to be placed when being laid down onto the trundle table top.

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5. A trundle table assembly for use in a table with trundle table assembly, the trundle table assembly comprising:

1) a trundle table top with a second work surface and

2) a set of hardware to allow the trundle table assembly when mounted in a table below a table top to move from a closed position below the table top to an open position that is lower than the table top.

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6. A method of changing diapers for a small child with a first diaper and a second child with a second diaper through use of a table with trundle table assembly comprising:

A) a table top with a first work surface; and

B) a trundle table assembly comprising:

- 1) a trundle table top with a second work surface; and
- 2) a set of hardware to allow the trundle table assembly to move from a closed position below the table top to an open position that is lower than the table top;

5 the method comprising:

- AA) placing the small child on the table top work surface;
- BB) performing a first diaper change on the small child with the first diaper;
- CC) removing the small child after the diaper change from the table top work surface and moving the small child to an appropriate place;
- 10 DD) extending the trundle table assembly from a closed position to an open position;
- EE) placing the second child with the second child's back near one end of the trundle table assembly where the end is substantially orthogonal to the long axis of the trundle table;
- 15 FF) placing the second child supine onto the work surface for the trundle table top;
- GG) performing a second diaper change on the second child supine on the work surface for the trundle table top;
- HH) lifting the second child off of the work surface for the trundle table top; and
- 20 II) closing the trundle table assembly from the open position to the closed position.

7. The method of changing diapers of claim 6 where the second child is a heavier than the small child and the second child is placed on the trundle table top rather than risk injury from a 25 single care giver attempting to lift the heavier child to the table top with the first work surface.

8. The method of changing diapers of claim 6 where the second child is transferred from a wheel chair to the trundle table top in essentially a lateral transfer.